

baahar raakhi-o ridai samaal

gaVI mhl w 5 ] (197-10)	ga-or <sup>h</sup> ee mehlaa 5.	Gauree, Fifth Mehl:
bwhir nwiKE irdYsmiil ]	baahar raakhi-o ridai samaal.	When they are out and about, they keep Him enshrined in their hearts;
Gir Awey govind <sup>u</sup> l Ynwiil ]1]	ghar aa-ay govind <sup>u</sup> lai naal.   1	returning home, the Lord of the Universe is still with them.   1
hir hir n <sup>u</sup> m <sup>u</sup> s <sup>u</sup> kt <sup>u</sup> n kY <sup>u</sup> s <sup>u</sup> llg ]	har har naam santan kai sang.	The Name of the Lord, Har, Har, is the Companion of His Saints.
mnu qnu r <sup>u</sup> q <sup>u</sup> n <sup>u</sup> m kY <sup>u</sup> r <sup>u</sup> llg ]1] rh <sup>u</sup> au ]	man tan raataa raam kai rang.   1   rahaa-o.	Their minds and bodies are imbued with the Love of the Lord.   1  Pause
gur prswdl swgru qirAw ]	gur parsaa <sup>u</sup> dee saagar tari-aa.	By Guru's Grace, one crosses over the world-ocean;
j nm j nm kyikl ivK siB ihirAw ]2]	janam janam kay kilvikh sabh hiri-aa.   2	the sinful mistakes of countless incarnations are all washed away.   2
sBw sriq n <sup>u</sup> im Bgv <sup>u</sup> ku ]	sobhaa surat <sup>u</sup> naam bhagvant <sup>u</sup> .	Honor and intuitive awareness are acquired through the Name of the Lord God.
pl <sup>u</sup> y gur kw inrml m <sup>u</sup> ku ]3]	pooray gur kaa nirmal mant <sup>u</sup> .   3	The Teachings of the Perfect Guru are immaculate and pure.   3
crx kml ihrdy mih j wpu ]	charan <sup>u</sup> kamal hirday meh jaap.	Within your heart, meditate on the His Lotus Feet.
nwnku pjK j lv <sup>u</sup> prq <sup>u</sup> wpu ]4]88]157]	naanak paykh <sup>u</sup> jeevai partaap.   4  88  157	Nanak lives by beholding the Lord's Expansive Power.   4  88  157